

Joining Instructions

Windsurfing Courses



Course Duration

- 2 Days RYA Start Windsurfing
- 2 Days RYA Intermediate Non Planing
- 2 Days RYA Intermediate Planing



Prior Experience

Start Windsurfing

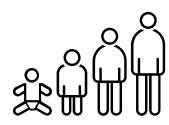
No prior windsurfing experience is necessary.

Intermediate Non-Planing

Assumed knowledge of Windsurfing alongside a Start Windsurfing qualification.

Intermediate Planing

Assumed knowledge of Windsurfing alongside a Start Windsurfing qualification.



Minimum Age

You must be over the age of 8 to join any Windsurfing courses. Under 16s may prefer to learn through the Youth Windsurfing Scheme



Arrival Time

Unless otherwise agreed, we start all of our courses at 09:00am, please aim to be onsite and checked in with Reception 10-15 minutes early. If you are running late please call the office on 02392 463768



What To Bring With You

Suitable footwear - Any shoes you don't mind getting wet! Neoprene boots are advised by instructors. Please do not wear open-toed shoes, sandals or black soled trainers. Nice warm socks can make a difference in the winter!

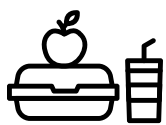
Suitable Clothing - even on 'warmish' days you can get cold on the water or when you come ashore, so layer up. If you have a wetsuit, please bring it! If not, a waterproof jacket or spray top is advised as you might get wet! It's always worth having a change of clothes with you.

Harnesses - For **intermediate** courses, you will need your own harness,

Water Bottle - you will be able to refill it at any of the water stations around the clubhouse.

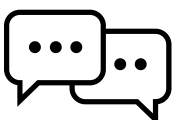
Sunglasses and Sun cream - even on overcast days the glare from the water can be significant. One day in the sun at sea is worth 3 days of sun on the beach so SPF up!

Classroom Materials - there is some classroom work involved in all of these courses so bring a notepad, pen and reading glasses!



Food and Drink

The Beach Bar will be open at the weekend to purchase lunches or you are welcome to bring your own.



We look forward to welcoming you on your course, if in the meantime you have any questions please don't hesitate to contact us on 02392 463768 or email reception@hisc.co.uk